

Adult Special Interest

CERAMICS: WHEEL THROWING AND HAND BUILDING

Want to play dirty? Clay is the way! Try the wheel or create some exciting sculptural work by hand. You can make garden pots or pieces for your home while relaxing and relieving stress in a supportive environment. No experience is required.

Instructor: Jane Rekedal

Location: Community & Cultural Center, Poppy Jasper Room

Activity#	Date	Day	Time	Age	Sessions
Open House	6/2	W	5:45pm-6:30pm	13yrs+	1
FREE					

4270.201 6/9-7/7 W 5:45pm-8pm 13yrs+ 5

4270.202 7/14-8/11 W 5:45pm-8pm 13yrs+ 5

Additional clay \$10 per bag

Resident: \$145 / CRC Member: \$140

Non Resident: \$155 / CRC Member: \$150

OPEN LAB CERAMICS

This is for students enrolled in the Ceramics Wheel Throwing and Hand Building Class taught by Jane Rekedal. Under age (18) youth must be accompanied by an adult.

Activity#	Date	Day	Time	Age	Sessions
6/14-8/10	M-Th		8am-5pm	13yrs+	9
6/15-8/10	T		5:30pm-7:30pm	13yrs+	9

Additional clay: \$10

Fee per session: CRC Members Free/ Non-Members \$4

CARBON DIET CLUB

Save money, help sustain future generations and meet new friends. Take this free class and learn how climate change is impacting Morgan Hill and what you can do to help reduce these impacts. You will receive tools such as a workbook to track your progress, a reusable shopping bag, a shower timer, and much more. After completing the course, you will become eligible to receive a free home energy analysis (valued at \$300). Each Club meets three times to discuss action items and to help each team member reach their reduction targets. Bring your family members and work together to reduce your household emissions, but only one sign-up per household, please. Free childcare available for CRC members; \$4 for non-members. Pre-registration required.

Instructor: Rebecca Fotu, Environmental Programs Coordinator

Location: Centennial Recreation Center, Activity Room #2

Activity#	Date	Day	Time	Age	Sessions
5700.201	6/8-6/29*	T	6:30pm-7:30pm	16yrs+	3
5700.202	6/12-6/26	Sa	10am-11am	16yrs+	3
5700.203	7/13-8/3*	T	6:30pm-7:30pm	16yrs+	3
5700.204	7/17-7/31	Sa	10am-11am	16yrs+	3
5700.205	8/10-8/31*	T	6:30pm-7:30pm	16yrs+	3
5700.206	8/14-8/28	Sa	10am-11am	16yrs+	3

*No class 6/15, 7/20, 8/17

Fee: Free

THAI YOGA MASSAGE PARTNER WORKSHOP

This Thai Yoga is an ancient system of healing that combines massage, acupressure, twisting, stretching, and meditation to create wholeness of body, mind and spirit. You will be guided through giving and receiving a healing and relaxing Thai Yoga Massage. Wear comfortable clothing and bring extra blankets.

Instructor: Dolores Kent

Location: Centennial Recreation Center, Aerobic Room

Activity#	Date	Day	Time	Age	Sessions
5210.204	6/20	SU	1pm-3pm	18yrs+	1

Resident: \$30 / CRC Member: \$25

Non Resident: \$40 / CRC Member: \$35

BENDING OVER BACKWARDS

In this workshop, beginning and intermediate students will practice and understand the mechanics of backbend. You will be able to practice and deepen the poses you have already learned and leave with a more flexible, rejuvenated and energized spine and back.

Instructor: Dolores Kent

Location: Centennial Recreation Center, Aerobic Room

Activity#	Date	Day	Time	Age	Sessions
5210.201	7/25	SU	1pm-3pm	18yrs+	1

Resident: \$30 / CRC Member: \$25

Non Resident: \$40 / CRC Member: \$35

STOP EMOTIONAL EATING

Experts say that about 75% of overeating is caused by emotional eating. Controlling emotional aspects of our being is the most important element to improving overall health and achieving the ideal weight. This workshop will also balance body composition and manage overall well-being. We will show you how to manage reactions and clear emotional undercurrents until a new base line behavior and/or better relationship with food and eating is established.

Instructor: Dolores Kent

Location: Centennial Recreation Center, Activity Room #2

Activity#	Date	Day	Time	Age	Sessions
5210.202	7/28	W	7pm-9pm	18yrs+	1

Resident: \$30 / CRC Member: \$25

Non Resident: \$45 / CRC Member: \$35

CHAKRA BALANCING

This is a workshop aimed towards healing and awakening your body's energy. In this workshop you will practice sun salutations to stimulate your chakras from the ground up. You'll gain access to the subtle energy matrix within your body, opening powerful paths to healing and spiritual growth.

Instructor: Dolores Kent

Location: Centennial Recreation Center, Aerobic Room

Activity#	Date	Day	Time	Age	Sessions
5210.203	8/29	SU	1pm-3pm	18yrs+	1

Resident: \$30 / CRC Member: \$25

Non Resident: \$40 / CRC Member: \$35

ADULT